

## A LETTER FROM MR. HARRINGTON

The end of First Semester will have passed once you've received this newsletter, but I want to thank our staff, our parents, and especially our students for a great first semester.

As First Semester ends, I want to remind students and parents that as Second Semester begins, the emphasis on staying up to date and completing work is so important. Our Skyward program is a great way to keep in the communication loop with your student's teachers. There is also a mobile app for your phone!

I want to give a quick shout out to our 7/8 Escape Room elective students and Mr. Dunham for a well-attended community Escape Room night. We had two sessions of rooms going with about 120 people. Our students did a fantastic job of creating these rooms for our community and the feedback from them was very positive! Look for another night at the end of Second Semester sometime in June!

We had a good turnout of parents at our "Signs of Suicide: parent night on January 24<sup>th</sup>. If you have any questions about the upcoming training for our students, please contact our Counseling Office. We are providing training to all students in grades 6-12 in the upcoming weeks.

The Registrar's Office will be sending out a notice to all parents when their student's report card will become available to view in SKYWARD soon. Please take time to review the grades with your student. Students who have failing grades will not automatically be promoted at the end of the year. We will begin to review student's report cards and begin talking with them about what is expected of them during the next semester. We will work with families to arrange needed help if students are not maintaining passing grades.

The AMS Spelling Bee will be held on Tuesday, February 5<sup>th</sup> at 6:00 pm in the AMS Library. Students will be participating in individual classroom Spelling Bees and the winners will compete that evening.

Registration for high school is right around the corner and we will be communicating frequently about what is happening next to students and parents. If you have questions about the programs that the high school offers, please call our counselors or me at 503-1230 to address these questions.

### Important Dates:

- February 13-No Late Start
- February 15- No School
- February 18-No School- President's Day

### Parents

#### A couple of reminders for you and your students:

- Our drop off for students is in the back upper parking lot. We are noticing a number of cars dropping off students in the front and in the lower back parking area of the middle school. It is important to use the upper lot for our students' safety! Thank you!
- Also, a general reminder that cell phones, earbuds, airpods, headphones, and IPODS, etc. need to be turned off and placed in their backpacks and not used during school hours. Items will be confiscated and returned to the owner depending on how many times it has been taken away. Please remind your student of our policies. It is much appreciated!

As always, if you have questions, please feel free to call me at 503-1230 or email me at [pharrington@asd103.org](mailto:pharrington@asd103.org).

- Patrick Harrington

## A LETTER FROM MR. PERKINS:

**Dear Parents and Students,**

We made it to the halfway mark of the school year! First semester ended on Tuesday, January 29th. With a new semester, it's a great opportunity to start afresh- knowing the routines and expectations of AMS. For most of these wonderful students, just keep doing what you are doing!

I will be sending a letter home to those 6th and 7th grade students who failed a core class (ELA, Science, Math) First Semester. Should your student fail both semesters of a core subject, they will repeat that class next year. I will be meeting with all of those students so they are aware and can work harder to keep their grades up. Homework Center takes a break until Monday, February 11th. This will give me time to look at teachers' concerns and the failing list to see who needs extra help after school.

Girls' Basketball and Co-ed Wrestling started on Wednesday, January 30th. In-house coaches, Mr. Flynn, Ms. Newall and Mr. Bickley are ready to lead our student athletes to success. It's no small feat to be able to juggle academics and sports and we know how much work it is for parents...so thank you very much for supporting your student and school. We have the highest participation rates around this part of the state! Keeping kids involved with their schools has incredible benefits for all of us!

Thank you for your continued vigilance on your student's phone usage. It is difficult to parent nowadays with these types of influences and distractions, but with that said, using your child's phone as a reward can be very powerful! Keep up the good work!

Please stay in touch and let us know what you hear. My door is always open!

**- Mark Perkins**

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## AMS SPORTS SCHEDULES

### **Come Support Our Hawks!**

AMS Sports Schedules will no longer be on our website. All sports schedules will be posted on Northwest Athletics Conference at [www.nwathletics.com/index](http://www.nwathletics.com/index)



## A LETTER FROM THE PTSA PRESIDENT

Can you believe we are halfway through the school year already? Time is flying fast and the PTSA has been busy! We have contributed towards snacks for the After School Homework Assistance Program, Equine Therapy, Hawk News, Escape Rooms, and much more. The Think Before You Throw Program was recently launched, spearheaded by our Vice-President, Heather Monkman, and we are encouraged that the program will be a success. With the help of students and staff (Thank you, Sage!) we are already looking at ways we may expand the program.

I want to thank our Birthday Cupcake Committee and Friday Cookie Committee, along with all of the volunteers helping behind the scenes. The students look forward to those cookies and cupcakes and it wouldn't be possible without our wonderful volunteers! The Dances have been a huge success and the feedback is that the kids love all the various activities. We couldn't do it without the Leadership and Escape Room students. You all have worked so hard to make sure the dances have something fun for everyone!

Our next dance will be Let's ShamROCK on March 14<sup>th</sup> at 6:30 pm. As always, we rely heavily on volunteer chaperones. Come and see how much fun these nights are for the kids! Email us at [anacortesms.ptsa@gmail.com](mailto:anacortesms.ptsa@gmail.com) if you would like to volunteer.

**Our next general membership meeting will be held on Wednesday, February 13th at 6:30pm in the AMS Library. Please join us!**

Please email us with any questions, concerns, or ideas. We are always looking for opportunities to make AMS the best it can be.

**Jeanine Dickison**



### Washington State PTA Recognizes Anacortes Middle School PTSA with Silver Membership Growth Award!

Anacortes Middle School PTSA has recently been recognized by Washington State PTA as a Silver Membership Growth Award recipient! PTAs are presented with this award for enrolling members equaling at least 105% of their previous year's total membership. That means our PTSA is growing! Thank you to everyone who has become a member so far this year: YOU are the reason our PTSA achieved this award! If you haven't yet signed up for a 2018-2019 PTA membership, please consider joining today! By doing so, you are demonstrating your support for our PTSA and all it does for Anacortes Middle School. [www.AnacortesPTSA.com](http://www.AnacortesPTSA.com)

### STUDENTS OF THE MONTH

These students were chosen by AMS staff for their academic excellence or classroom performance

### HAWK PRIDE

These students were chosen by AMS staff for displaying some type of good citizenship and behavior

Naomi Norgard	6th	Bickley	Theron Peterson	6th	Bickley
Cate Griggs	6th	Bickley	Brock Beaner	6th	Bickley
Marcella Warm	6th	Bickley	Camden Smeltzer	6th	Bickley
Isaac Briefer	8th	Dyel	Max Adam	7th	Dyel
Aleena Aippersbach	7th	McCartney	Aileen Kim	7th	McCartney

## ANACORTES SERVICE CLUBS HONOR AMS STUDENTS

Kiwanis looks for students who show strong progress in citizenship, community involvement, and academic improvement, but may not necessarily get public recognition commensurate with their achievements.

**Kiwanis**  
**Student of the Month**  
**Andrew Van Egdome**



Soroptimists search for the positive character traits of responsibility, justice, honesty, courage, respect, love, loyalty, and hope.

**Soroptimist**  
**Student of the Month**  
**Zach Weaver**



## Counselor's Corner

Shawn Flynn (A-K)

Renae Newall (L-Z)

Monique Starkovich - Registrar Secretary

Heather Malone - School Psychologist

Kara Fox - Counseling Intern

## MOODY VS DEPRESSED

It's easy for parents to assume that most adolescent outbursts are the result of hormones, stress, and a changing brain. How can you tell if your child's moodiness is actually depression, anxiety or something else?

There are **three** things to consider when you're assessing your adolescent's moods.

- 1 SEVERITY:** Keep an eye on your child's emotions, whether it's a down mood, outbursts, crying, or other symptoms. The more severe these signs are, the more likely it is that he or she may be depressed or troubled in some way.
- 2 DURATION:** How long is the distressed mood lasting? If it lasts for more than a couple of weeks, it could mean your child is struggling and needs help.
- 3 DIFFERENT AREAS OF LIFE:** Is your child acting out at home and struggling at school? Noticing changes in multiple venues may signify a mood disorder instead of just moodiness.

It's important to remember that the things we call "protective factors" when it comes to depression and anxiety, such as social interaction, sports, and good rest, are often not enough. A child who is suffering from depression needs medical care.

### SCHOOL VOLUNTEER POLICY

The Anacortes School District requires **all new and returning volunteers to submit a yearly volunteer application** and receive clearance PRIOR to any service in our schools. In addition to school day volunteers, the policy also applies to any school-related activity such as PTA/PTSA, booster clubs, activity clubs, AVID and athletics, among other activities essentially, any situation where a volunteer representing any school-sponsored activity has potential access to students.

To apply, please follow this link: <https://apps.raptortech.com/Apply/NDU4OmVuLVVT>

For more information, contact Keiko McCracken- [kmccracken@asd103.org](mailto:kmccracken@asd103.org), (360) 503-1208



## A MESSAGE FROM OFFICER DOTZAUER

Hello Hawks and Hawk Families,

I want to talk about a common e-cigarette or “vaping” device known as a Juul device. I have noticed that e-cigarettes and vaping seem to be the new “it” item for young adults, including teens. I must admit that I did not know a lot about the subject, so in my exploration of the subject I found a recent article by Harvard University.



A VAPING DEVICE CAN LOOK JUST LIKE A USB

Harvard Scientists are calling for “urgent action” after their federally funded study confirmed dangerous, lung-destroying chemicals are commonly found in the liquids used in electronic cigarettes and other vaping devices. The chemicals destroy the lungs tiniest airways, leading to scar tissue buildup that blocks airflow. It can result in a permanent, sometimes fatal, lung condition known as bronchiolitis obliterans.

The number of young people using e-cigarettes tripled last year, according to Center for Disease Control and Prevention. It’s the first time since 2011, when the survey started collecting data on e-cigarettes, that use among youths has surpassed use of every other tobacco product, including conventional cigarettes.

This is just a small fraction of information that can be found on the subject and I encourage you to do your own research for more information. I feel it is best to be proactive and speak with your kids about the subject. For more information you can go to [www.thetruth.com](http://www.thetruth.com) and learn about the impact the devices are having.

Take Care and Go Hawks!

Ofc. Travis Dotzauer

School Resource Officer



### HOUSEKEEPING NOTE:

#### **Please pick up your lost items!**

We have put a barrel of clothing, water bottles, and lunch pails out in the Gym Lobby. Small items such as glasses and keys are in the Main Office. **ALL ITEMS** will be donated to charity at the end of every month.

## PROGRAM UPDATE: "THINK BEFORE YOU THROW"

### THE NEW AMS LUNCH PROGRAM TO HELP REDUCE FOOD WASTE

In January, we successfully launched the "Think Before You Throw" program at the Middle School. The students have been doing a great job of using the bins to share packaged unopened food they aren't eating, with other students - rather than throwing it in the garbage bins.

We are so excited that the students are being given the option to make good choices with their food waste and we will continue to run this program throughout the month of February.

Thank you to all who have helped get this program off the ground, including: Patrick Harrington and Sage Petrin. It couldn't have been done without your continued support. If you have any questions please contact me at [anacortesms.ptsa@gmail.com](mailto:anacortesms.ptsa@gmail.com)

- Heather Monkman



## ANACORTES COLLEGE & CAREER OUTREACH PROGRAM PRESENTS: **FOCUS ON CAREER & TECHNICAL EDUCATION**

### Career and work options without a 4-year degree

Tuesday, February 19th from 5:30 - 7 p.m.

Anacortes High School Commons - 1600 20th Street

Yesterday's VOC tech is not today's CTE! There are faster, less expensive way to careers in STEM, healthcare, technology and much more. Come hear from Tim Knue, Executive Director of Washington Association for Career and Technical Education, as well as learn what is available through our high school, our skills center, and our community college. Then visit over 20 booths who want to share their opportunities with you. We'll have businesses, apprenticeships, certificate and associate degree programs to see. welcome!

All are

Questions? Email Shay at [anacortescollegeoutreach@asd103.org](mailto:anacortescollegeoutreach@asd103.org).



## IMPORTANT DATES TO REMEMBER IN FEBRUARY:

- February 13-No Late Start
- February 15- No School
- February 18-No School- Presidents Day





Newsletter for the Anacortes Middle School and the AMS PTSA 8.2.60

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Mark Perkins - **Ass't Principal**

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Heather Monkman-Vice-President  
Rachael Kretchmer-Secretary  
Romany Kerr-Treasurer

**Newsletter Editors**

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